



2016

Summer
May-August

NATURAL RESOURCE PROGRAMS

Mercer Slough Environmental Education Center

Lake Hills Greenbelt Ranger Station

Lewis Creek Visitor Center



***Bellevue Parks &
Community Services***
Natural Resource Division



Cover photo by Hallak Photography, drawings by Linda Feltner.

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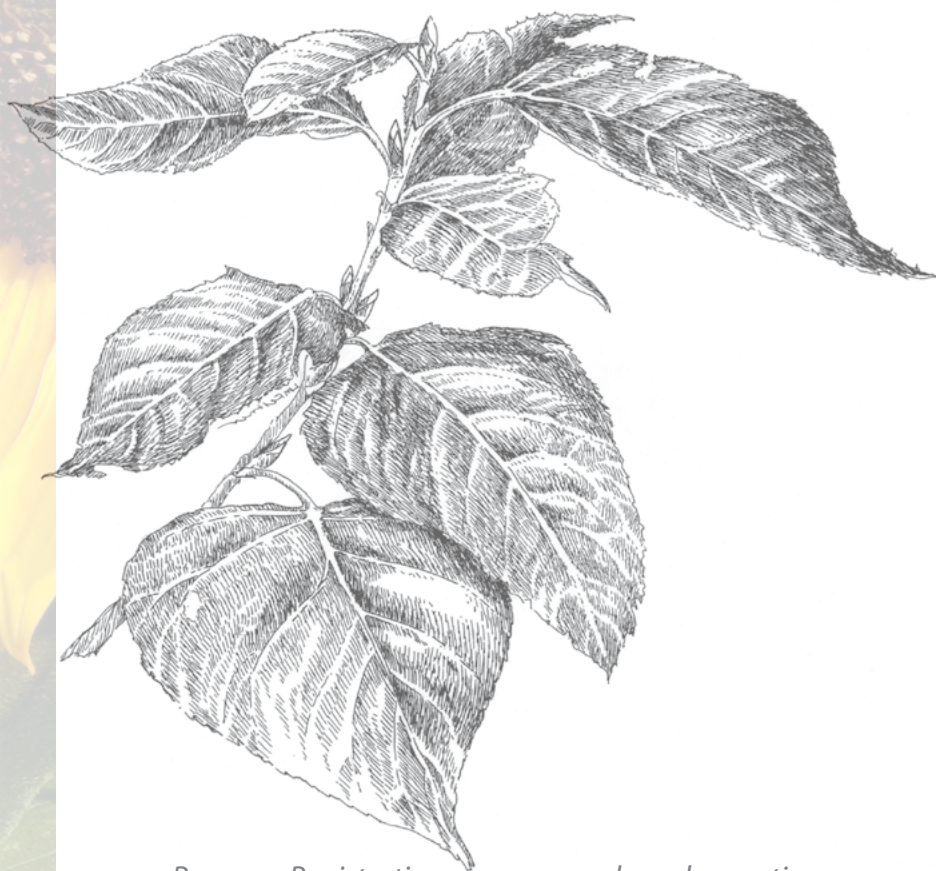
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Program Registration: www.myparksandrecreation.com

Let us know how we're doing!

Bellevue Parks & Community Services wants to know how we can make our environmental education programs better. We invite you to give us feedback about programs you've attended and suggestions for future programs. You can do this two ways:

1. Ask for an evaluation card at a visitor's center that you can fill out on the spot, or
2. Simply send us an email at program_feedback@bellevuewa.gov.

Any thoughts you have about our programs are welcome, but we're specifically wondering;

- Did the program you attended increase your knowledge of the natural world?
- Did the program you attended increase your respect for natural areas?
- What would the ideal length be for a ranger program?
- Do you prefer programs on animals, plants, ecosystems, natural resources, or something else?
- Do you/your family prefer programs outdoors/in parks or indoors with photos and videos?

Thank you for your help in shaping the future of our educational programs!






Program Registration: www.myparksandrecreation.com

Special Events

BELLEVUE'S 2016 SPECIES OF THE YEAR

Each year, the Bellevue Master Naturalist corps features a native species that is local to our area. The Species of the Year for 2016 is the Pacific treefrog (*Pseudacris regilla*), also called the Pacific chorus frog. You've likely heard the calls of these amphibians as they compete for territories and advertise to potential mates.

Look for this frog icon  next to program titles in this guide. These programs will feature information on Pacific treefrogs and amphibians in general. Come explore what makes the Pacific treefrog so special, and how you can help conserve Bellevue's amphibians. We'll even be going on some guided frog hikes! Join us at all three visitor centers to learn about the Pacific treefrog!



LOCAL AREA HIKES



Did you know Bellevue has almost 100 parks and over 90 miles of trail to explore? Get connected to your local greenbelts and neighborhood parks as rangers take you on hikes throughout the year. Dress for the weather, bring water and wear sturdy shoes. Hikes vary in theme and length. See details below. **Cost:** FREE! **Registration:** Not required. **Info:** 425-452-4195.

MERCER SLOUGH RANGER HIKES

Sundays, 2-3:30 p.m., rain or shine

Join a ranger to take a short hike through the wetlands of Mercer Slough Nature Park. We begin with an overview of the LEED Gold education center and end at the bridge that spans the channel of Mercer Slough. Hear about the natural and cultural history of the slough. Afterward, you are free to explore further on your own, or return to the education center with the ranger.

Distance: 2+ miles.

Level of Difficulty: Easy (30 feet elevation change)

Meeting Place: *Mercer Slough Environmental Education Center, 1625 118th Ave SE* **Info:** 425-452-2565 or mseec@bellevuewa.gov



LEWIS CREEK PARK RANGER HIKE

Saturdays, May 7, June 4, July 2, August 6, 10:30-11:30 a.m.

Join a Ranger in exploring the natural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes.

Distance: approximately 1 mile.

Elevation Change: 50 ft.

Meeting Place: *Lewis Creek Visitor Center 5808 Lakemont Blvd SE* **Info:** 425-452-4195 or lcvc@bellevuewa.gov



LAKE HILLS GREENBELT RANGER HIKES

Saturdays, 2-3:00 p.m., rain or shine

Join a ranger on a walk through the Lake Hills Greenbelt and gardens. We meet at the Ranger Station and will walk to either Phantom Lake or head out through the wetland to discover the natural history of the area. Once complete you can continue to explore the trails on your own, or return to the education center with the ranger.

Distance: 2+ miles.

Level of Difficulty: Very Easy (flat gravel path)

Meeting Place: *Lake Hills Greenbelt Ranger Station, 15416 SE 16th St.*

Info: 425-452-6993 or ParkRangerProgram@bellevuewa.gov

COAL CREEK PARK HIKE

May 21, July 16, 10 a.m.-12 p.m.

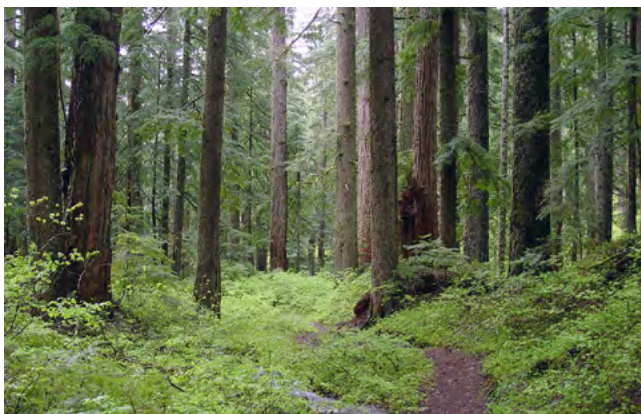
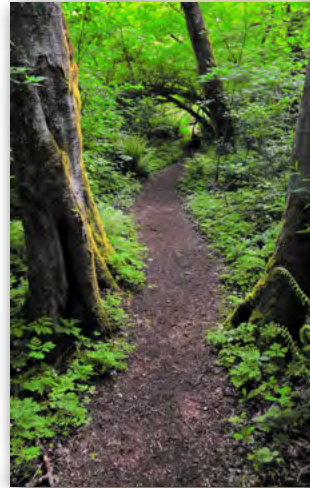
Discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife.

Distance: 5 miles.

Elevation Change: Moderate (100 feet elevation change)

Meeting Place: *Cinder Mine Trailhead (Newcastle Golf Club Road, west of Redtown Trailhead)*

Info: 425-452-4195 or lcvc@bellevuewa.gov



LAKEMONT HIGHLANDS OPEN SPACE

June 25, 10 a.m.-12 p.m.

Explore the lesser-known trails of South Bellevue. Parks and open spaces guide you (and wildlife!) through friendly neighborhoods.

Distance: 3.5 miles

Level of difficulty: Arduous (350 feet elevation change)

Meeting Place: *Lewis Creek Visitor Center,
5808 Lakemont Blvd SE*

LAKEMONT COMMUNITY PARK HIKE

August 20, 10 a.m.-12 p.m.

This lovely trail winds through green corridors alongside the creek as we ascend and descend through the forest.

Distance: 4.5 miles

Level of difficulty: Difficult (350 feet elevation change)

Meeting Place: *Lakemont Park, 5170 Village Park Drive Southeast*

LEWIS CREEK WOOF WALK

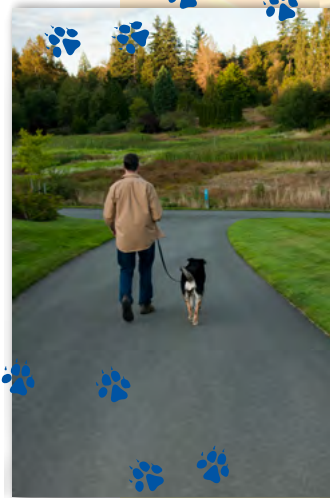
July 30, 10 a.m.-12 p.m.

Come explore Lewis Creek Park with your furry friend and learn about the natural history and wildlife of the park and how we can keep our pets safe. Please limit one dog per guest with leash and bring a doggy waste bag.

Distance: 2 miles

Level of Difficulty: Moderate (350 feet elevation change)

Pre-registration: Required. **Info:** 425-452-4195. **Course #106600**





MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

Mercer Slough Environmental Education Center, 1625 118 Avenue SE

Hours: Daily, 10 a.m.-4 p.m. **Phone:** 425-452-2565

Email: MSEEC@bellevuewa.gov

Overlooking the 320 acre Mercer Slough Nature Park, the Visitor Center offers remarkable view of the forest canopy and swampy wetlands below. Inside, enjoy an interactive library and interpretive displays for adults and families. Park Rangers provide information and free weekly programs. Pick up trail maps, brochures, and program information today.

Family Discovery Series

Ages: All ages. **Cost:** FREE! **Pre-registration:** RSVP at 425-452-2565



HABITAT STEWARDSHIP

Saturdays, May 7 & 21, 2-3 p.m.

Have you wondered about the various types of habitats throughout the Mercer Slough that animals call home? Maintaining healthy ecosystems is the key to their survival. Enjoy this hands-on interactive workshop to learn more about how we can be better habitat stewards of this place we all share.

VERMICOMPOSTING 101

Saturdays, June 4 & 18, 2-3 p.m.

Learn to compost with worms! Red Wigglers are often referred to as nature's greatest recyclers. They turn our food scraps into nutrient rich soil for free. Join us to learn more about how to build your own worm bin and get started composting your kitchen scraps using these amazing creatures. Take home your new pets.



Program Registration: www.myparksandrecreation.com

FROGS FOR LIFE

Saturdays, July 2 & 16, 2-3 p.m.

Wetlands offer some of the most diverse habitat for wildlife. Many creatures depend on these unique conditions for their survival. Mercer Slough Nature Park offers some of the most ideal habitat for amphibians and other aquatic creatures. Our frog friends can be heard singing near and far. Come learn more about these vocal creatures and venture out on a guided walk to visit their home.



BEEES AND BUGS AND SLUGS OH MY!

Saturdays, August 6 & 20, 2-3 p.m.

All the creatures of the forest and wetlands play an intricate role in maintaining healthy ecosystems. BEEcome a scientist as we as head out on an adventure in search of bugs and slugs and other critters living in and around the Mercer Slough. Investigate further into their complex world to discover the connections between healthy habitats and these busy, buzzing and slimy creatures.



Movies

Popcorn provided! **Ages:** All ages are welcome.

Cost: FREE! **Registration:** RSVP requested. **Info:** 425-452-2565 or mseec@bellevuewa.gov.

NATURE'S MOST AMAZING EVENTS: THE GREAT MELT

Friday, May 27, 5-6 p.m.

The effects of global climate change have created rare windows of opportunity for some animals while proving dangerous for others. This series charts the way entire landscapes are changing and how this phenomena is drawing in thousands of animals and determining their fate. Follow the emotional journey of the polar bear's fight for survival with as the ever thinning arctic ice recedes and they face new daunting challenges.



LIFE IN THE UNDERGROWTH

Friday, June 24, 5-6 p.m.

This film explores the surprisingly beautiful and intricate world of invertebrates thriving in the undergrowth. Enjoy this rare opportunity to take a closer look at this miniature universe and the startling behaviors of creatures not often seen on the surface.



FABULOUS FROGS

Friday, July 29, 5-6 p.m.



Frogs are amazingly adaptable creatures that live in nearly every part of the world. Some can actually freeze solid - but still survive. Others live happily in the hot African desert. Some live in tree tops, others can practically walk on the water. Learn a zillion fascinating things about these creatures with BBC naturalist, Sir David Attenborough.



SILENCE OF THE BEES

Friday, August 26, 5-6 p.m.

This award winning film explores the mysteries behind the disappearance of the honey bee, one of nature's most valuable pollinator's. Join researchers as they follow the trail of clues around the world to find out why the honey bees are dying at alarming rates and what can be done to stop this life altering epidemic.

Adult Enrichment Series

Pre-registration: RSVP at 425-452-2565

GARDENING FOR WILDLIFE

Saturday, May 14, 2-3 p.m.

Gardening for wildlife can be both rewarding and beneficial for a variety of birds, pollinators, invertebrates and us. Join a Master Gardener to learn more about what actions you can take to make your yard more wildlife friendly. Gain some valuable knowledge on how to garden and maintain your new space using environmentally sound practices.



HAPPY HIKER'S: HOW TO HAVE A SUCCESSFUL ADVENTURE OUTDOORS WITH THE KIDS

Saturday, July 9, 2-3 p.m.

Spending a day out on the trail in unfamiliar territory with the kids can often feel daunting and exhausting before you even head out the door. The good news is that it doesn't have to be. Come and find out how to prepared, the best places to go, and how to practice proper trail etiquette so that your next adventure will be safe and successful. And yes, enjoyable for all.



MAKING THE CUT: THE LOCKS, THE LAKE, AND A CENTURY OF CHANGE

Sunday, July 10, 2-3 p.m.

Eastside Heritage Center's 2016 speaker series will feature programming related to the opening of the Lake Washington Ship Canal, the lowering of Lake Washington and the impact this had on the Eastside and surrounding areas. The series will continue in autumn. **Ages:** 12+

Cost: FREE. **RSVP** at 425-452-2565 or mseec@bellevuewa.gov



Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and the Pacific Science Center. For information on programs provided by Pacific Science Center, please visit www.pacificsciencecenter.org.





LAKE HILLS GREENBELT

R A N G E R S T A T I O N

Lake Hills Greenbelt Ranger Station, 15416 SE 16 Street

Hours: Tuesday-Saturday, 12-4p.m. **Phone:** 425-452-7225

Email: ParkRangerProgram@bellevuewa.gov

Surrounded by community farms, gardens, and beautiful wetlands, you will find interpretive displays, trails, environmental program information, and friendly Park Rangers to answer your questions.

Family Discovery Series

Ages: All ages welcome. **Cost:** \$2 suggested donation at the door for program supplies. **Pre-registration required.**

Register: MyParksAndRecreation.com **Info:** 425-452-6993 or ParkRangerProgram@bellevuewa.gov.

WILD BABIES

Friday, May 20, 10-11 a.m.

Springtime is when many species give birth. Discover some of the amazing ways wild babies survive and thrive out in the woods **Course #** 106562



COUNTING COYOTES

Friday, May 27, 10-11 a.m.

It looks like a dog, but it's not! Come learn about our native wild canine from your local Park Ranger! Includes a Coyote Craft! **Course #** 106570

ALL ABOUT BATS

Friday, June 10, 10-11 a.m.

Bats fly through the night with incredible numbers, but how often do you see them?

Come learn about the flying mammals

than make the northwest their home. Ages: All ages welcome. Cost: \$2 donation suggested at door for program supplies. **Course #** 106573





GREAT BLUE HERONS

Friday, June 17, 10-11 a.m.

Did you know that Bellevue is home to a great blue heron rookery? We'll learn about what makes a wetland such a great home for these long-legged birds **Course #** 106574

WILDFLOWER WALK

Friday, June 24, 10-11 a.m.

The Lake Hills Greenbelt is home to a variety of blooming plants. Come see what wildflowers are growing in the Bellevue area during the summer months! **Course #** 106575



OWL PROWL

Saturday, July 16, 7:30-9pm

Join a Park Ranger to walk the Lake Hills Greenbelt trails and look for owls as well as other nocturnal wildlife. Learn about and listen for the animals that thrive in the dark! Wear sturdy footwear and be ready to walk the trails in the dark. Bring a flashlight or headlamp for the journey. **Course #** 106580



BUZZING BLUEBERRIES

Friday July 29 & August 12, 10-11a.m.

Bellevue has some wonderful opportunities for picking blueberries. How do the berries grow? It all starts with a bee or other pollinator. Bring your family to discover how important our pollinators are for blueberries and other plants, then you can check in with farm stands to pick blueberries. Farm stand rates apply to u-pick purchases. **Course #** 106581 and 106582

THE GREAT SALMON CYCLE

Friday, August 26, 10-11 a.m.

As autumn approaches, the Salmon will soon be running up our rivers! But where does it all begin? Enjoy a family oriented program on the life history of a Salmon taught by one of your local Park Rangers! **Course #** 106584





Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

Hours: Wednesday - Sunday, 10 a.m.-4 p.m **Phone:** 425-452-4195

Email: lcvc@bellevuewa.gov

This beautiful park offers ample opportunity to wander through forests, meadows, and wetlands. Come inside the Visitor Center to pick up trail and park maps for the area, attend a Natural Resource program, or simply enjoy the relaxing atmosphere.

Family Discovery

Story Time

Look, listen and create during an hour of stories and crafts with a park ranger on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. We always make a fun craft to take home! **Pre-registration is required for each participant—adult and youth. Cost:** Free **Register:** www.MyParksAndRecreation.com or 425-452-6885. **Info:** 425-452-4195. Lewis Creek Park Visitor Center, 5808 Lakemont Blvd SE.

TIME TO HATCH!

Friday, May 6, 11 a.m.-12 p.m. & 1:30-2:30 p.m.

Springtime is full of new life and wonder. Follow Waddles on his journey to discover new friendship with the spring hatchlings right beneath him! **Course #** 106560 and 106561

SEA TURTLES GALORE!

Friday, June 3, 11 a.m.-12 p.m. & 1:30-2:30 p.m.

Nani the green turtle discovers reserves of bravery she never knew she possessed and helps a friend in need. Come learn about the sea turtles we have right here in Washington. **Course #** 106563 and 106564



BABY WHALE'S JOURNEY

Friday, July 1, 11 a.m.-12 p.m. & 1:30-2:30 p.m.

Swimming beside Mama Whale, and surrounded by a protective pod, Baby Whale begins to grow and learn.

Course # 106565 and 106566



VOICES OF THE WILD

Friday, August 5, 11 a.m.-12 p.m. & 1:30-2:30 p.m.

What animals do you hear when you walk through the woods? Come discover different animals voices and how they respond to YOU!

Course # 106567 and 106568

Explorers' Club

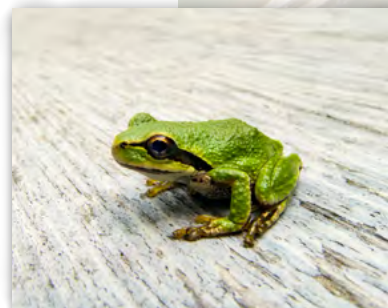
IT'S A FROG'S LIFE

Friday, May 13, 7:30-9 p.m.



When do tadpoles change into frogs? Where do frogs go during the dry summer months? How can we help protect habitat for amphibians? Join us to learn all about Pacific chorus frogs - the 2016 Master Naturalist corps "Species of the Year". We'll be doing an art activity in the Visitor Center, and then walking around the wetland at Lewis Creek Park to identify tadpole and frog habitat – perhaps we'll even hear Pacific chorus frogs "sing!" Learn about an interactive frog habitat scavenger hunt that families can do on their own over the summer. Please bring a flashlight, sturdy shoes, and warm clothes for the journey! **Ages:** 5+ **Cost:** FREE **Pre-egistration required.**

Course # 106569



FREQUENT FLIERS: MIGRATORY BIRDS OF LEWIS CREEK

Saturday, May 14, 2-3 p.m.

Did you know that some birds migrate thousands of miles every year? Migratory birds are the true international jet setters! Come and learn about the migratory birds that return to Lewis Creek each year. We'll be going on a walk to spot some birds for ourselves; be sure to dress for the weather and wear sturdy shoes. **Ages:** 5+ **Cost:** Free





OWL PROWL

Friday, May 20, 7:30-9 p.m.

Discover which owl species live in the Pacific Northwest. Then take a night hike with a Ranger to listen for owls and other nocturnal wildlife in the park. Bring a flashlight or headlamp, as well as good shoes, for the journey! **Ages:** 5+ **Cost:** \$5 Resident \$6 Non-Resident. **Pre-registration required. Info:** 425-452-4195. **Course #** 106572

BAT WALK

Friday, June 3, 7:30-9 p.m.

Discover the local bat species of Lewis Creek! Then, take a bat hike with a Ranger at dusk to watch for bats leaving their roosting sites! Bring a flashlight or headlamp, as well as good shoes, for the journey! **Ages:** 5+ **Cost:** \$4 Resident \$5 Non-Resident. **Pre-registration required. Info:** 425-452-4195. **Course #** 106576



POND DIP

Saturday, June 11, 2-3 p.m.

The edges of ponds and wetlands are great places for budding naturalists to explore! We will use tools like dip nets and water scopes to get a closer look at the wetland creatures of Lewis Creek Park... what will we find in this unfamiliar under-water world?! **Ages:** 5+ **Cost:** Free

THE EARLY BIRD GETS THE WORM!

Saturday, June 18, 2-3 p.m.

Camouflage is an important survival strategy in the animal kingdom. Come discover how insects blend in with their surroundings and what predators do to find them. Then take a walk with a Ranger to see how many insects you can find! **Ages:** 5+





TREE DETECTIVES

Saturday, July 9, 2-3 p.m.

How can you use clues like leaves, flowers, and bark to solve the tree mystery at Lewis Creek? Come discover how to identify different trees that are found in your own backyard! **Ages:** 5+

WHAT'S IN THE FOREST FLOOR?

Saturday, July 23, 2-3 p.m.

There's so much more to the forest floor than just soil! Come and learn about all the creepy crawlies and other organisms that make the forest floor home.

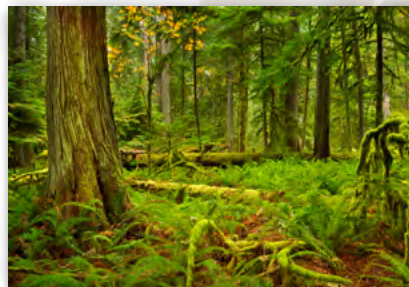
Ages: 5+

BAT WALK

Friday, August 19, 8:30-10 p.m.

Discover the local bat species of Lewis Creek! Then, take a bat hike with a Ranger at dusk to watch for bats leaving their roosting sites! Bring a flashlight or headlamp, as well as good shoes, for the journey!

Ages: 5+ **Cost:** \$4 Resident \$5 Non-Resident. **Course #** 106586



Movies

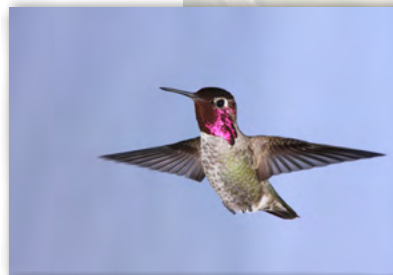
Kids! Join us for fun, educational nature movies at Lewis Creek! Children under 12 must be accompanied by an adult. **Ages:** 3+. **Cost:** Free!

Registration: Not required. **Info:** 425-452-4195.

HUMMINGBIRDS: MAGIC IN THE AIR

Sunday, May 15, 2-3 p.m.

Discover the fast and marvelous lives of the tiniest warm-blooded animals on Earth as they are captured at 500 images per second, from nose dives to mating rituals. Run time 73 mins.



DUCKUMENTARY

Sunday, June 12, 2-3 p.m.

There are more than 120 different species of ducks and they are all born knowing how to survive. Come discover all the different types and their life stories filled with personality and charm. Run time 60 mins.



ADULT ENRICHMENT

HOT TOPICS IN WASHINGTON STATE: WILDFIRES

Sunday, July 24, 2-3 p.m.

Did you know that fire plays an important role in ecosystems? Many ecosystems have evolved with fire as a necessary contributor to a healthy habitat. Come discover how natural wildfires can be both beneficial to wildlife habitat, and learn how you can prevent unnatural wildfires from flaring up. **Ages:** 12+. **Cost:** Free. **No registration required.** **Info:** 425-452-4195



Living With Wildlife Series

How do I get the deer to stop eating my rose bushes? What do I do about mountain beavers in my yard? Just how smart are those crows and ravens going through my garbage? How fortunate we are to live in a city full of wildlife! But this also leaves us with the responsibility of learning how to live with our furry and feathered neighbors. Learn about the wildlife that lives in and around Bellevue and how to live in harmony with wild animals. **Ages:** 12+. **Cost:** Free! **Registration:** Not required. **Info:** 425-452-4195.

BACKYARD BATS

Sunday, June 26, 2-3 p.m.

Washington is home to 15 species of bats! Every fall these bats find a place to hibernate, hopefully avoiding human structures in their search. Find out what species live in Bellevue and how you can prevent your home from becoming a bat cave.



SPIDER FINDER

Saturday, August 27, 2-3 p.m.

Ever wonder what type of spider makes the beautiful web outside your front door? At the end of summer lots of spiders can be seen inside and outside your home. Come learn about the common spiders in Bellevue and how they control our insect population.



VISITOR CENTERS



***Mercer Slough Environmental
Education Center***
425-452-2565
1625 118 Avenue SE

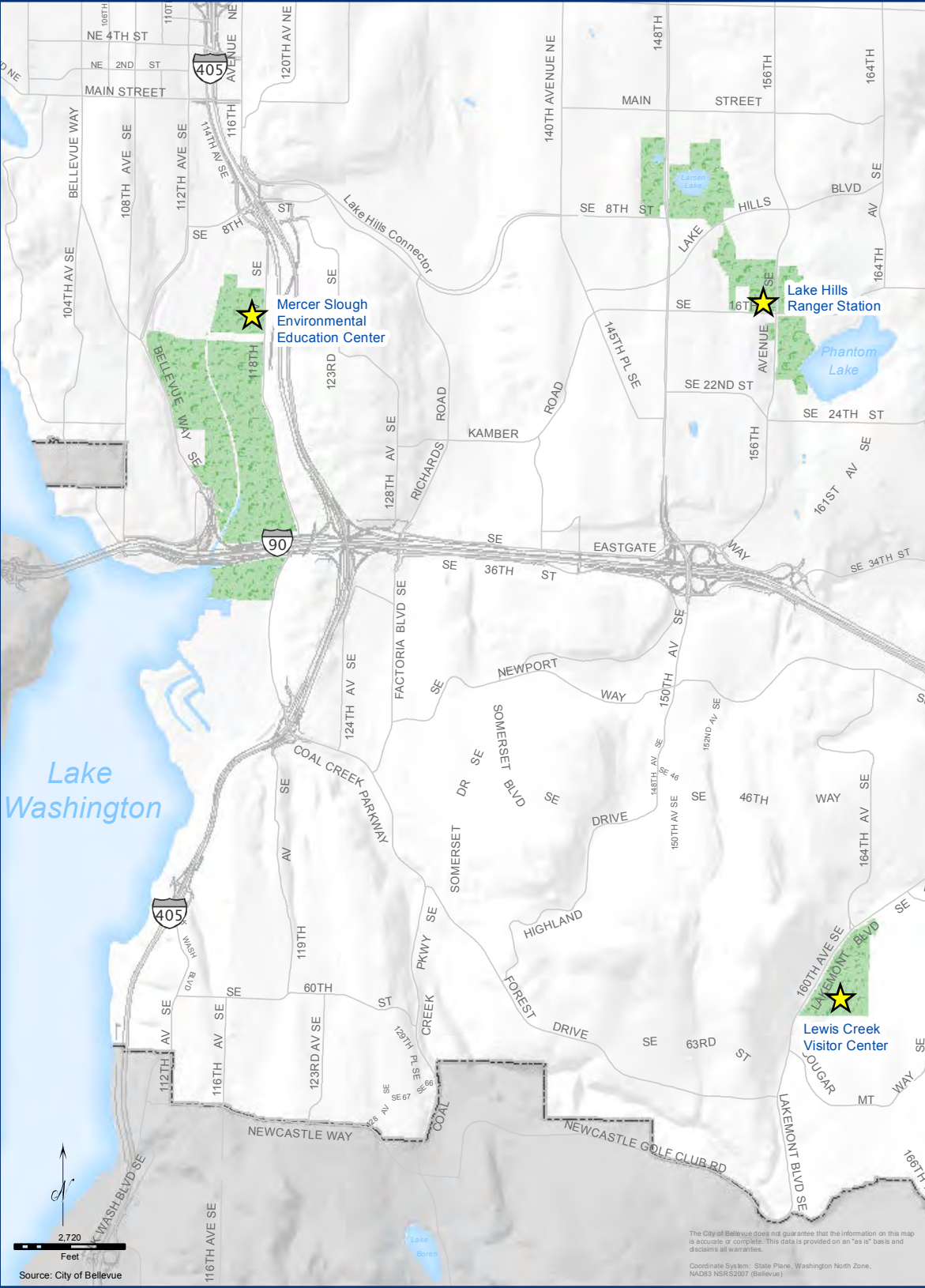


***Lake Hills Greenbelt
Ranger Station***
425-452-7225
15416 SE 16 Street
(15500 SE 16 Street:
Parking Location)



Lewis Creek Visitor Center
425-452-4195
5808 Lakemont Blvd SE

VISITOR CENTER LOCATIONS



The City of Bellevue does not guarantee that the information on this map is accurate or complete. This data is provided on an "as is" basis and excludes all warranties.

Coordinate System: State Plane, Washington North Zone, NAD83 NSRS2007 (Bellevue)

Mercer Slough Environmental Education Center

425-452-2565

1625 118 Avenue SE

Lake Hills Greenbelt Ranger Station

425-452-7225

15416 SE 16 Street

15500 SE 16 Street: Parking Location

Lewis Creek Visitor Center

425-452-4195

5808 Lakemont Blvd SE



***Bellevue Parks &
Community Services***



MyParksandRecreation.com
A Service of eCityGov.net



Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.

